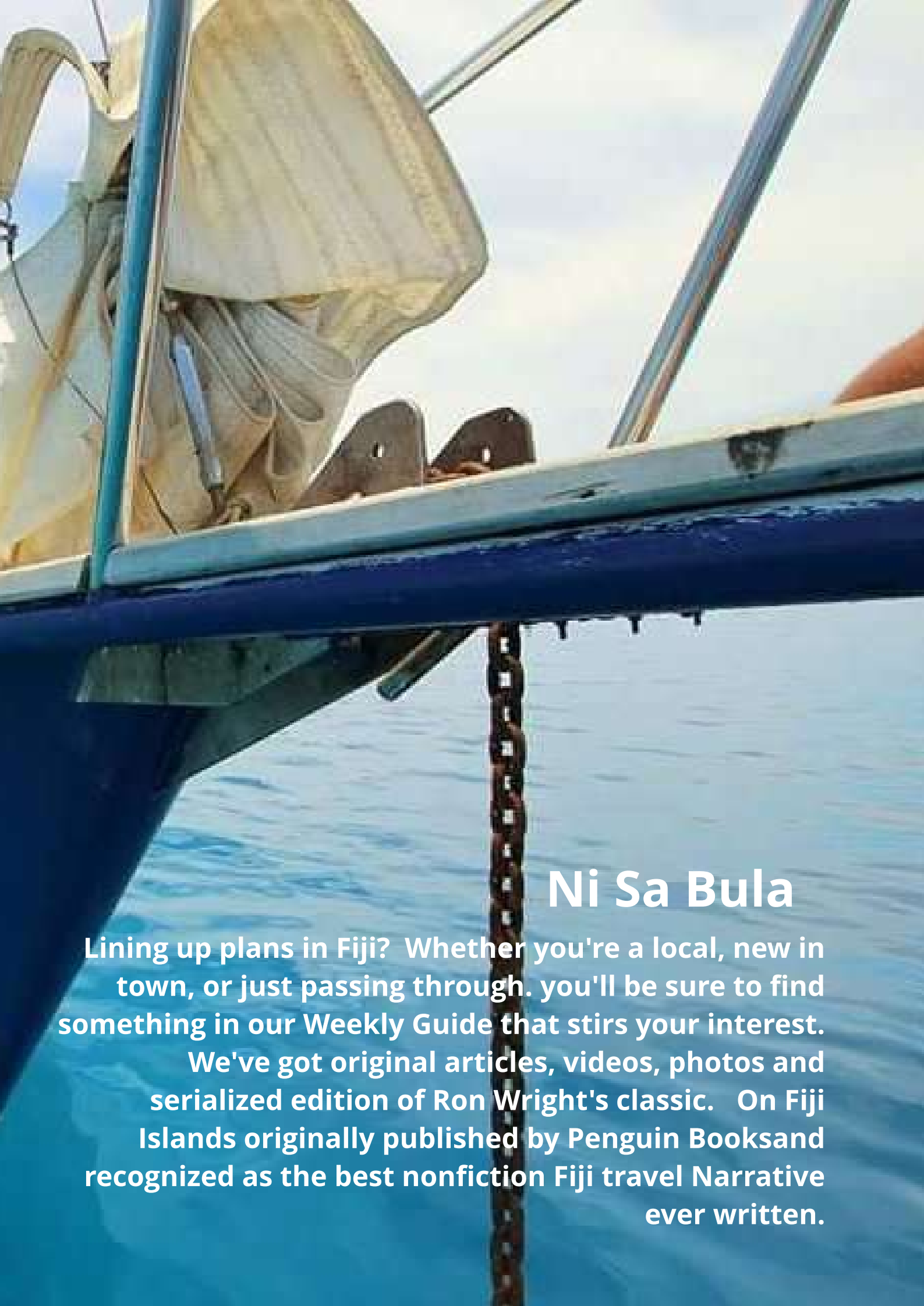
THE NUMBER 1 EVENTS & LIFESTYLE MAGAZINE IN FIJI

FIJI EVENTS GUIDE

Sail in Fiji - Gipsea & Fantasea



Ni Sa Bula

Lining up plans in Fiji? Whether you're a local, new in town, or just passing through. you'll be sure to find something in our Weekly Guide that stirs your interest. We've got original articles, videos, photos and serialized edition of Ron Wright's classic. On Fiji Islands originally published by Penguin Booksand recognized as the best nonfiction Fiji travel Narrative ever written.

Why is Palmex better than natural thatch roofing & other synthetic thatches?

- **Maintenance Free -** with a 20 year warranty, free from mold or shedding
- **Easy to install** - no specialised training is necessary
- **100% Waterproof -** Palmex does not absorb water, causing less stress to structures
- **Fire Resistant -** with multiple international safety certifications
- **Wind Resistant -** up to 260km/h (160mph) gale force winds
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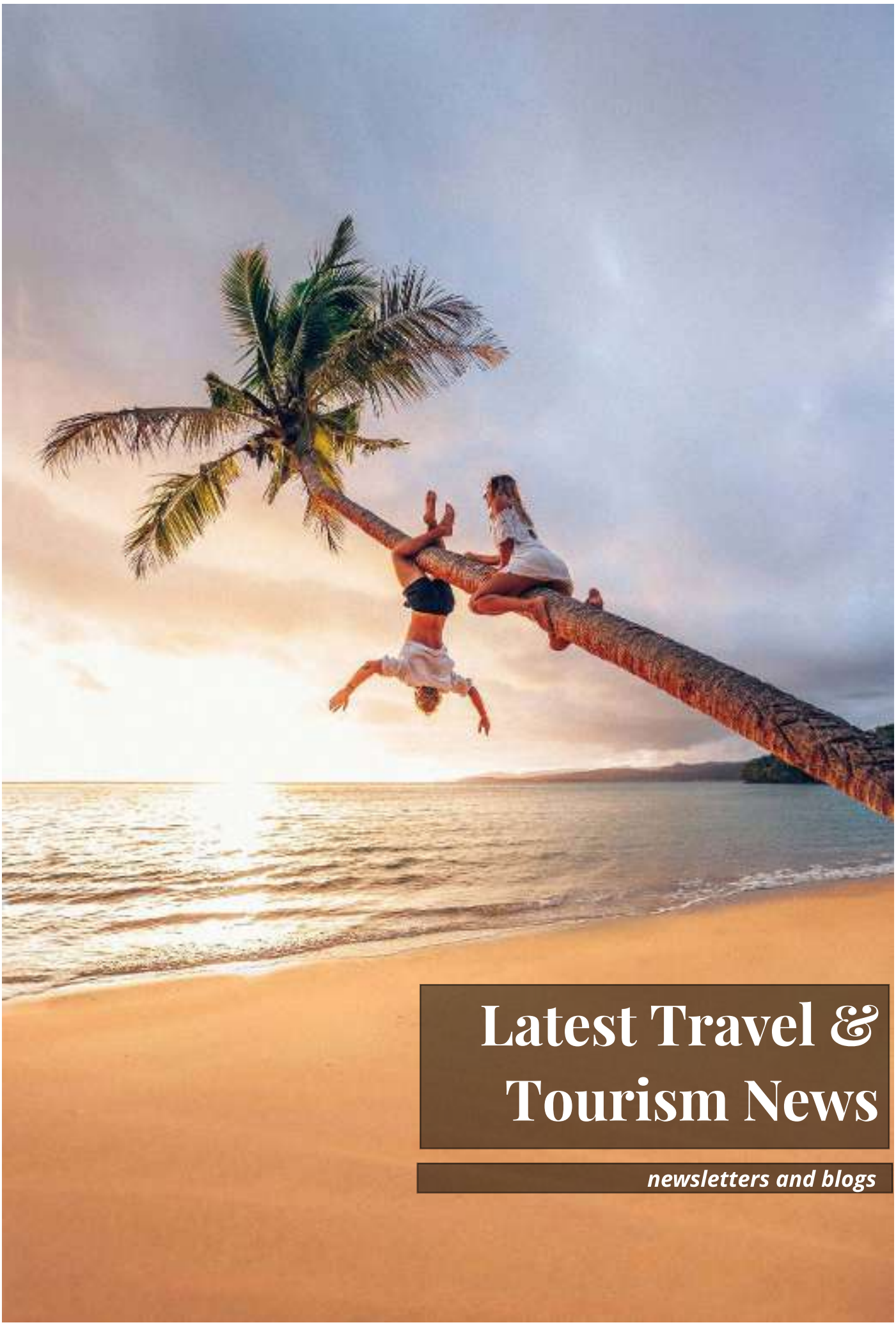
- **Factory manufactured** - meaning no seasonal shortages

Palmex has been developing and producing synthetic thatch for over 20 years and has been installed on roofs in over 80 countries on 5 continents - For peace of mind choose Palmex


Latest Travel &
Tourism News
newsletters and blogs

More than Just a Facelift for Fiji's Grand Dame

The grand dame of Fiji's Coral Coast is enjoying overwhelmingly positive feedback after the completion of a $US50m makeover that has touched almost every aspect of the resort. 'Our repeat and new guests alike are telling us the renovation has been absolutely well done,' says Shangri-La's Fijian Resort & Spa's general manager, Francis Lee, who, with director of sales and marketing, Peter Donlevy, was in New Zealand last week promoting the property's new look to trade and business events clients.

The resort now has three strategically different wings – the Lagoon Wing for families, the Ocean Wing that suits business events guests as well as leisure, and the adults-only Reef Wing. Reef Wing guests 'turn left' as soon as they cross the causeway onto Yanuca Island and drive past the golf course and Chi Spa directly to the Reef Wing for private checkin and complimentary drink. Free cocktails are served daily from 5-6pm at Reef Bar & Dining, along with a rotating menu of canapés that are served in a three-tiered 'bird cage'.

All 78 Reef Wing rooms have ocean views and are close to the adults-only pool, including the six one-bedroom reef bures that come complete with golf buggy. The new 19-piece water park in the lagoon is Fiji's largest and will keep kids (and corporate groups) amused for hours. Shangri-La's restaurants have had back and front of house makeovers with the Black Marlin Bar relocated and reinvented in 'Tiki' style. Offering 108 rums, Black Marlin Bar has collaborated with Fiji Rum to create two rums that are only available to drink in the bar. If it's gin that guests are after, Takali Asian Kitchen offers 40 craft varieties that can be paired with Chef Chee Hoe Wong's Asian fusion dishes.

For European fare, Golden Cowrie Coastal Italian is led by Italian sous chef Bruno Bettinazzi, who hand-makes the soft cheeses and pasta that are the foundation of this premium restaurant.

Multi-generational Travel Grows for Fiji's High-end

Multi-generational travel continues to fire in Fiji, and high-end resorts have been quick to cater for this market. Multi-bedroom residences with private pools, family resorts within resorts, school holiday dispensations at adult-only resorts and increased 'child ages' were among the options put in front of agents last week at Tourism Fiji's series of luxury and boutique cocktail evenings. Vomo is seeing around three big family groups a week, and Kiwis make up half of them, says director of sales and marketing, Karen Marvell. As well as 32 villas, Vomo offers four residences with two more to be built by next year. Its most recent development is an adult's only zone with a new F$1.5m swimming pool to attract the couples market as well as families. 'There is a big opportunity in multigenerational travel and massive money to be made for agents who sell luxury,' says Marvell. At the new Six Senses on Malolo Island, 24 villas and nine residences (there will eventually be 60 in total) all come with private pools. 'We are one year old now and we've had a fantastic response from retailers,' says director of sales and marketing, Carl Amos. 'There are high net worth clients looking for this kind of property, and it is particularly suited to multigenerational family holidays or groups of friends celebrating milestones.' Six Senses has four restaurant/bar options as well as a deli for snacks and ingredients for in-villa cooking, or, guests can arrange for a personal chef to whip up a private in-villa meal. At Savusavu's Jean-Michel Cousteau Fiji Islands Resort, two children under thirteen stay free with two adults. Marketing and sales director, Christine McCann says the big selling point is the one-on-one nanny service from 9am to 9pm for under sixes. Six to 12-year-olds have a 'Fiji buddy' on a one to five ratio and can take part in a daily 'school under the sea' and a masterchef programme. And the all-inclusivity means that agents get commission on all spent, including meals. including meals.

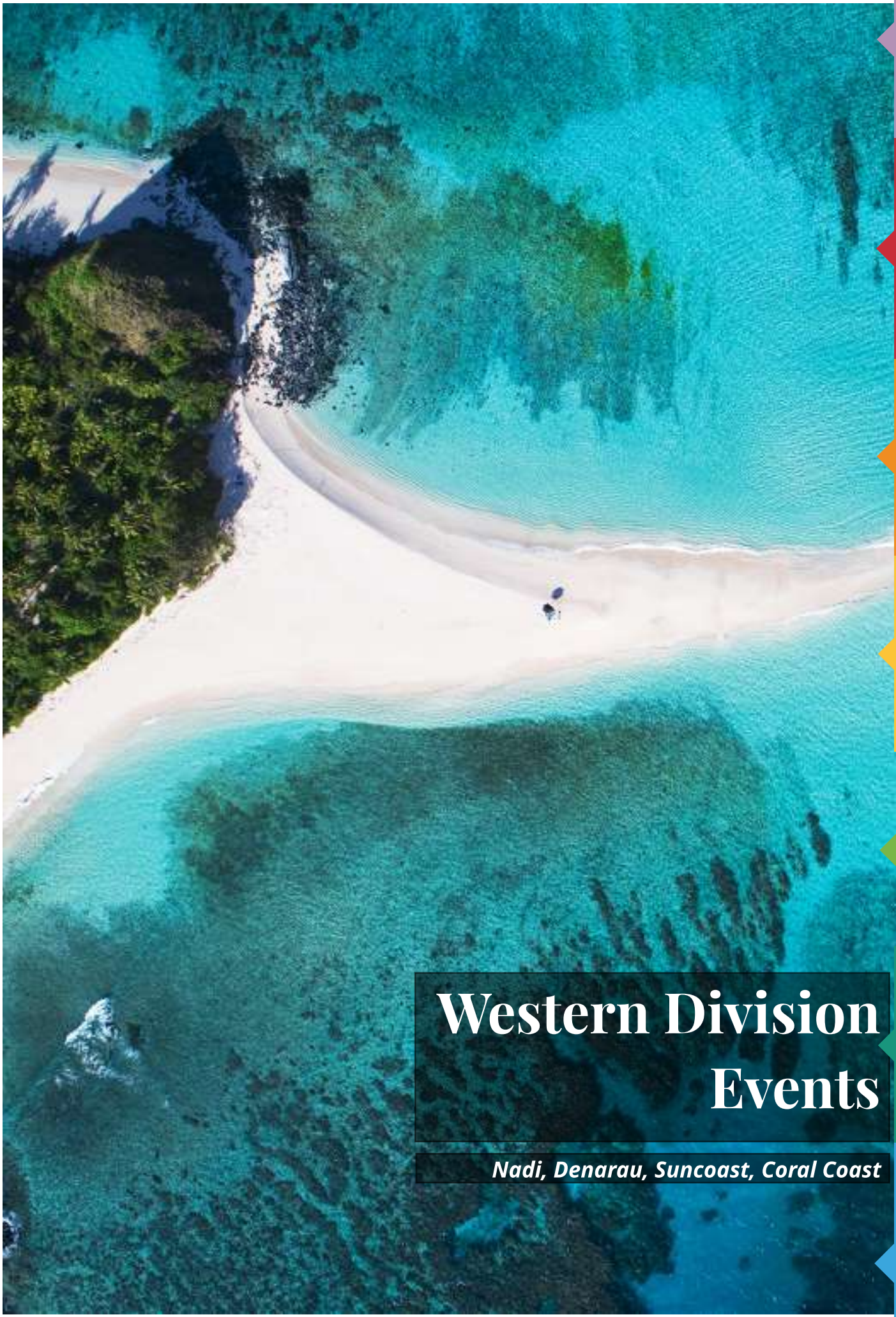
HomeStyle Pizzas , Pasta and Salads

Mama's Pizza
SINCE 1984

670 0221
Nadi Town

675 0553
Denarau Island

672 0922
Colonial Plaza

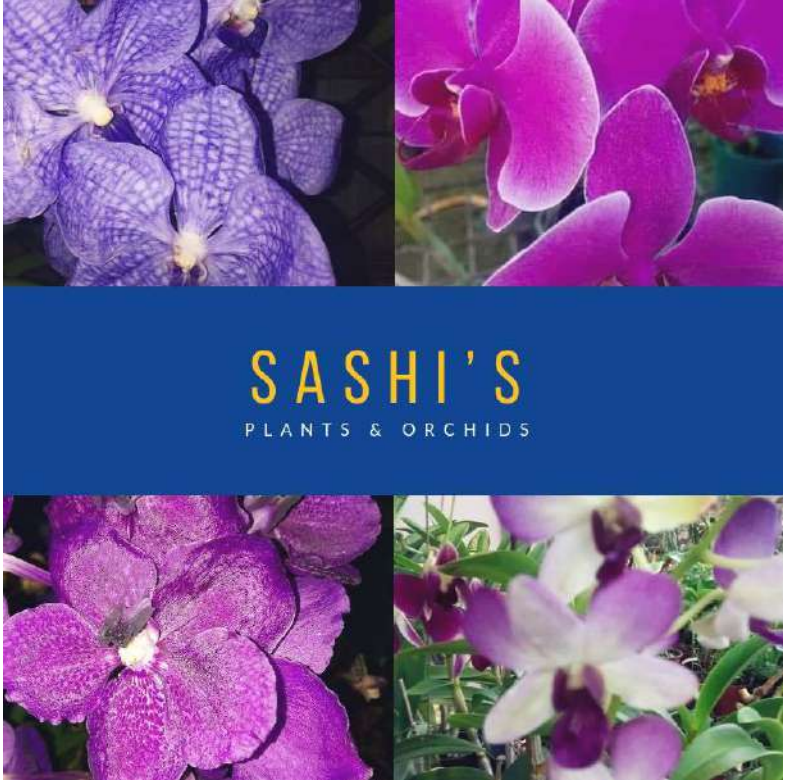


Western Division Events

Nadi, Denarau, Suncoast, Coral Coast

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

Featured
EVENT


SASHI'S
PLANTS & ORCHIDS

VEGAN Fiji
FRESH
COLD PRESSED
JUICE

VUDA BEACH MARKET

farmers & craft market

venue : FIRST LANDING RESORT
seaside on the beach...

- FIJI CHOCOLATE
- ICE POPS
- WINE TASTING
- HONEY
- JEWELLERY
- farm EGGS
- ARTS & CRAFTS
- ARTISAN FOODS
- PIES, baked treats
- PLANTS
- BULA BUDDIES
- VEGAN HEALTH BAR
- FUDGE , SWEETS
- BAGS,CLOTHING
- JAMS,RELISHES,HUMMUS
- MUSHROOMS
- HANDICRAFT
- BATH & BEAUTY
- FRESH FARM PRODUCE
- lots to eat and drink!

and more ..and more...

home grown - home made - home baked

special feature :
CULTURAL TABLE :

try eats & treats from
SOUTH AFRICA

next market

13 JULY
Saturday
9-3 pm

Sign worx
9288724

FRIDAY

Nadi Sports & Social Club

Free Beer Tasting

World Class & Multi Award Winner

@ Nadi Sports Club

from 6.30pm–8.30pm

this Friday 12th July.

Discover the LION in you!

THURSDAY

YOGA CLASS at Vai Restaurant & Bar

Public · 41 instances · 374 people · by Kama Yoga Fiji and Sheraton Fiji Resort

FRIDAY

Power Play Live at Nadi Farmers Club this Friday 6pm

Public · 4 instances · 159 people · by Nadi Farmers Club Bar Restaurant

FRIDAY

SATURDAY

SUNDAY

JUL
14

Ocean Conservation and Climate Action Study and Exchange Program

Public · Hosted by Alliance for Future Generations - Fiji

MONDAY

YOGA CLASS at Westin Denarau Island Resort & Spa

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

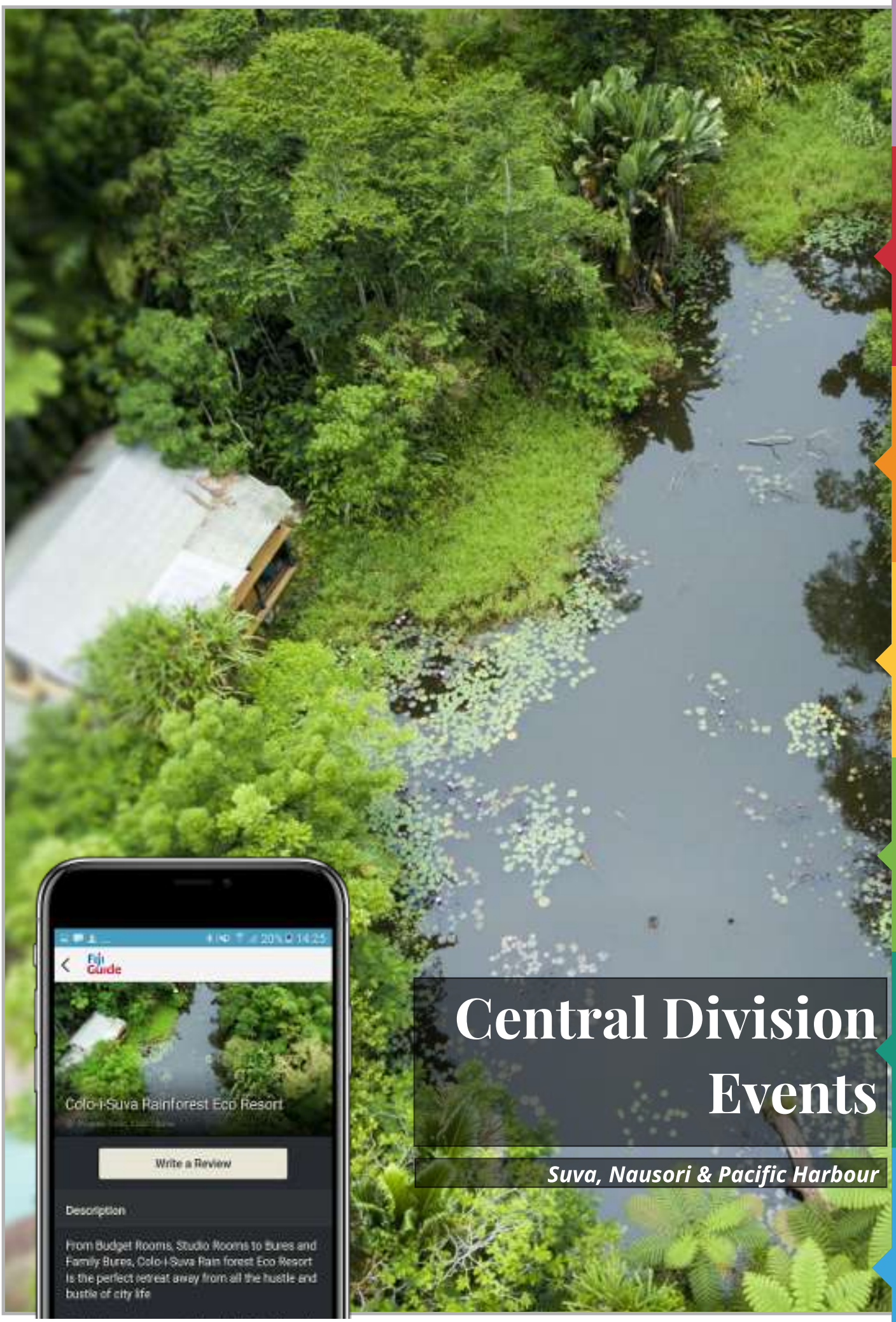
SUNDAY

Fiji Untold Evening Show

Fun Hub Fiji

Experience the Spirit! Energy! Mana! as you journey through a mystical fusion of theatrical broadway style performances of our evening show known as FIJI UNTOLD. As you arrive to Fun Hub Fiji you immediately are drawn to the acrobatic displays visible in the trees as you are lead to the foyer.

Here you will receive complimentary light snacks and non-alcoholic beverages. An enticing performance awakens your senses and leads you into a state of the art Big Top arena, where you will watch the story of FIJI UNTOLD ignited by a passion of song and dance. Be embraced by its creative mix of contemporary and traditional performance of a Fiji long ago and leave with a deeper cultural experience at Fun Hub Fiji.



Central Division Events

Suva, Nausori & Pacific Harbour

THURSDAY
FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY
WEDNESDAY

Featured EVENT

BRING YOUR KIDS AND JOIN US SATURDAY 20TH JULY AT THURSTON FOOD & MUSIC FESTIVAL FOR

ARTS & CRAFTS WITH KIDSFIRST FIJI

ALL DAY PLAYDOUGH
BRACELET MAKING
ROCK PAINTING AND
MANY, MANY MORE

Save the Date

Saturday 20th July 2019

Thurston Gardens Suva

Midday to 10pm

PARADISE BEVERAGES FIJI

WEDNESDAY

La liberté a une histoire

UN PEUPLE ET SON ROI

UN FILM DE PIERRE SCHŒLLER

GASPARD ULLIEL
ADÈLE HAENEL
OLIVIER GOURMET
LOUIS GARREL
IZÏA HIGELIN
NOÉMIE LVOVSKY
CÉLINE SALLETTE
DENIS LAVANT
JOHAN LIBEREAU
ET
LAURENT LAFITTE

ANDRZEJ CHYRA
JULIA ARTAMONOV

THURSDAY

JUL 11

Storytelling for kids - Belle the Ladybug

Public · Hosted by Alliance française de Suva

Suva Marathon Club's Thursday Social Run

Public · 48 instances · 476 people · by Suva Marathon

WEDNESDAY

FRIDAY

THURSDAY

SUNDAY

FRIDAY

JUL 12

DINE & DANCE SALSA Lesson 5p & Social Dance 6 to 11p

Public · Hosted by Social Dance Academy Fiji

JUL 15

Future Pasifika – Healthy Oceans Forum at USP

Public · Hosted by World Bank Pacific and 2 others

MONDAY

FRIDAY

SATURDAY

SUNDAY

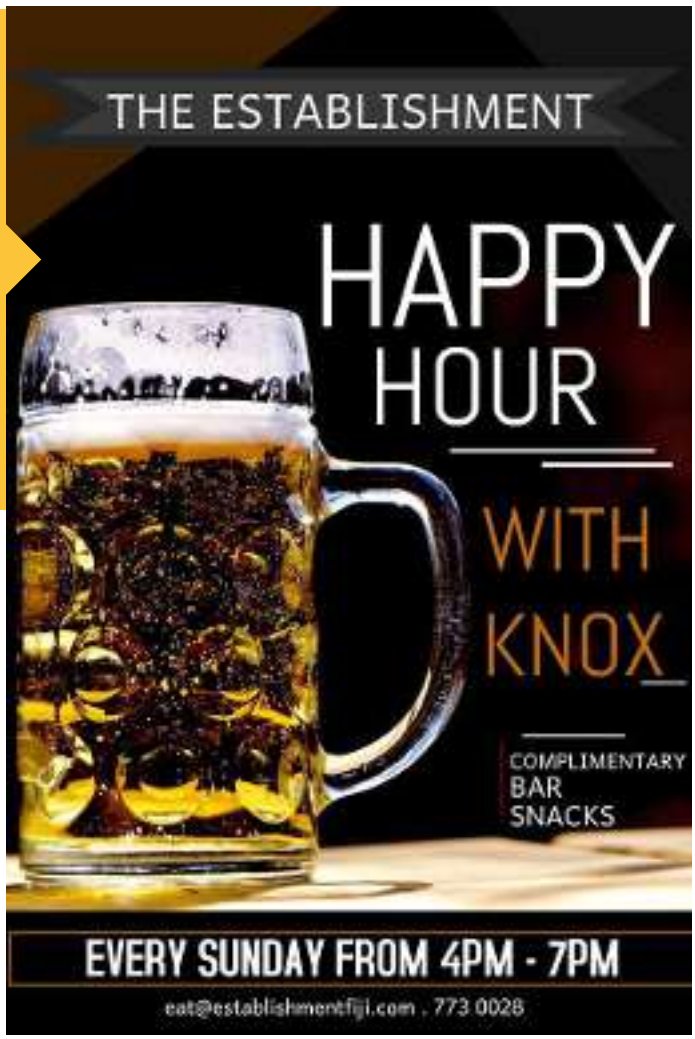
Fiji Showcase STARTS THIS FRIDAY

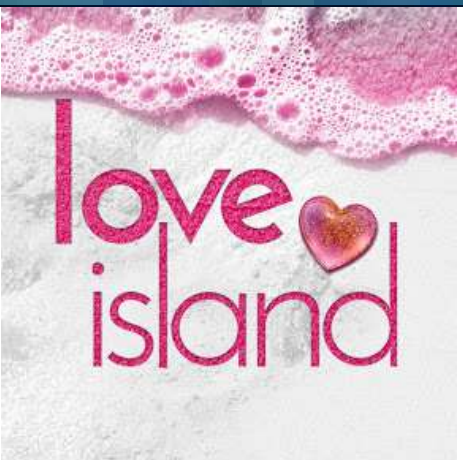
FM96 · Legend FM · Navtarang · Radio Sargam · VITI FM

The Total Event Co. · fijivillage.com · CFL CinemADs · CFL Magic Factory

SATURDAY

SUNDAY





Love Island USA: The Islanders Land In Island

The first batch of Islanders touch down in Fiji, ready to live in 90-minute premiere of Love Island, hosted by Arielle Vandenb Access. Then, after the series premiere, fans can watch all-ne 8/7c.

n Fiji For A Summer On Love

VIDEO OF THE WEEK

paradise while looking for love. Watch the
berg, on July 9 at 8/7c on CBS and CBS All
ew episodes of Love Island every weeknight at

CAFé 30
Call: 310 0148
30 McGregor Road, Suva City
CAFE - RESTAURANT - CATERING SERVICES

Authentic Chinese Cuisine
Beach Escape Resort
Call: 672 4442
Baravi Road, Nadi

Great Place for ANY Ocassion
masala twist
Call: 920 0840
4 Queens Highway, MARTINTAR

On Fiji Islands | Ronald Wright

Serialization of his Work

On Fiji Islands – Nadi – Chapter 1.10

We took the bus from Nadi to Suva, the capital, at the other end of the island. The vehicle had a windscreen and a roof, but no glass in the side windows, merely a row of canvas blinds that could be lowered against rain. A sign above the driver's turbanned head: COACHWORK BY LAL INDUSTRIES, SUVA. As in many developing coun-tries, the power train and chassis were imported, but the. rest was local enterprise. In this case the lack of glass was more an indication of climate than of poverty: if there were windows they would be open most of the time anyway. The only disadvantage became apparent when we hit some dusty sections where the Queen's Road, Fiji's major highway, was unpaved.A country where highways still have names: the Queen's Road runs around the southern perimeter of Viti Levu; the King's Road, slightly longer and less developed, around the north. It reminded me of childhood in England, when people still spoke of the Great North Road for the cartographer's AI, and Watling Street (a Roman Road renamed by the Saxons) for the A5. The Sikh driver drove purposefully and gave precise indications of how long we would rest at each stop; the bus had no trouble keeping to its relaxed schedule of four and a half hours for the 120-mile trip.The hills east of Nadi had the look of a rumpled bed: bald, overgrazed, with sugar cane

on the lower slopes and occasional tufts of wild vegetation like punk haircuts on the crests. Twice we passed large concrete mosques, their Moorish arches and twin towers evi-dence of the small but active Muslim minority, about one in seven of Fiji Indians.After half an hour the road descended from low hills to reveal an idyllic bay with blue water, yellow sand, and a grove of coconuts whose trunks were orange from the lichen growing on their leeward sides. Among the palms were modern buildings with ancient out-lines-the truncated pyramidal shapes of hures roofed with wooden shingles.

This was the Fijian Resort, one of the self-contained tour-ist havens that bead the south coast. Next to it was a real Fijian village, the source of ethnic entertainments for the hotel guests. There is a symbiosis of beach, coconuts, native village, and resort; the pattern repeats itself at every scenic spot along the shore. Good beaches are rare on Viti Levu because much of the coast is ringed by shallow reefs and mangrove swamps. The ancient Fijians chose the best sites for their villages, the bays sheltered their canoes, and the sandy soil was good for coconuts. After contact, the nuts (processed as copra) became a good source of income, but not as good as waiting on tables and singing mekes in the hotels built on leased Fijian land.

Historian, novelist, and essayist Ronald Wright is the award-winning author of nine books of nonfiction and fiction published in 16 languages and more than 50

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Call: 777 0010
eat | drink | relax | enjoy
Eden Plaza Queens Road, MARTINTAR - The Palms Apartments, DENARAU

Spice up your day with our Authentic Indian Food Prepared our chefs from India
Indiana
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181 Fiji times building Victoria parade.

OPEN 12 PM - 10 PM
Wednesday to Sunday
Eco Café
Wood-Fired PIZZA
Call: 672 4491
Queen's Highway, MARTINTAR

LIFE CINEMA

LAUTOKA

Level 1 - Tappoo City Mall, Narara Parade

Phone: 6666200

NADI

Jetpoint Supercentre, Queens Road, Martintar

Phone: 672 7888

NAKASI

Rups Naulu Shopping Complex, Kings Road

Phone: 3410596

DAMODAR CINEMAS

LAUTOKA

Namoli Avenue, Lautoka

Phone: 666 3555

SUVA

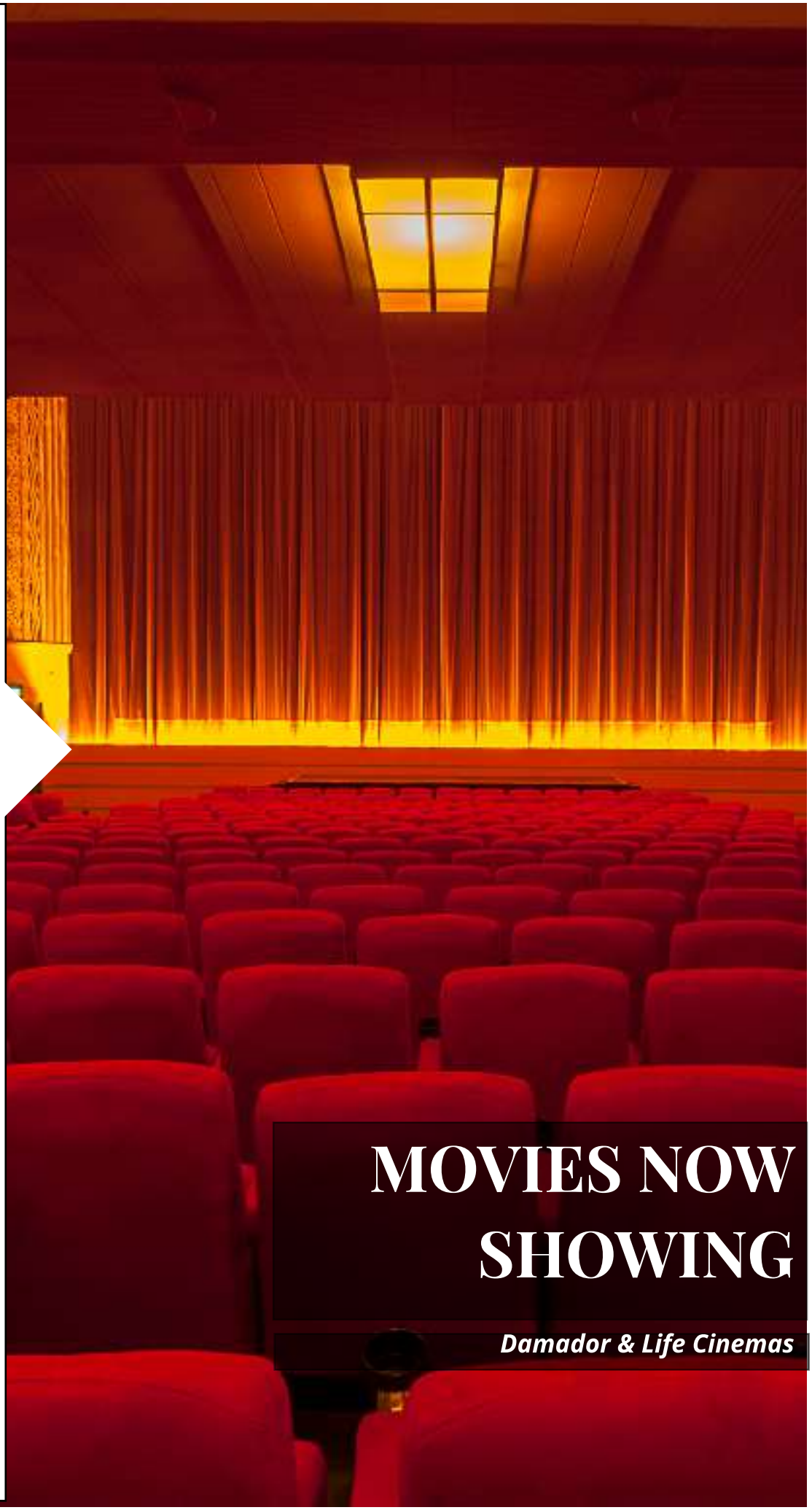
Damodar City Centre, Grantham Road, Suva

Phone: 327 5100

SUVA CITY

6 Scott Street, Suva.

Phone: 330 6006



MOVIES NOW SHOWING

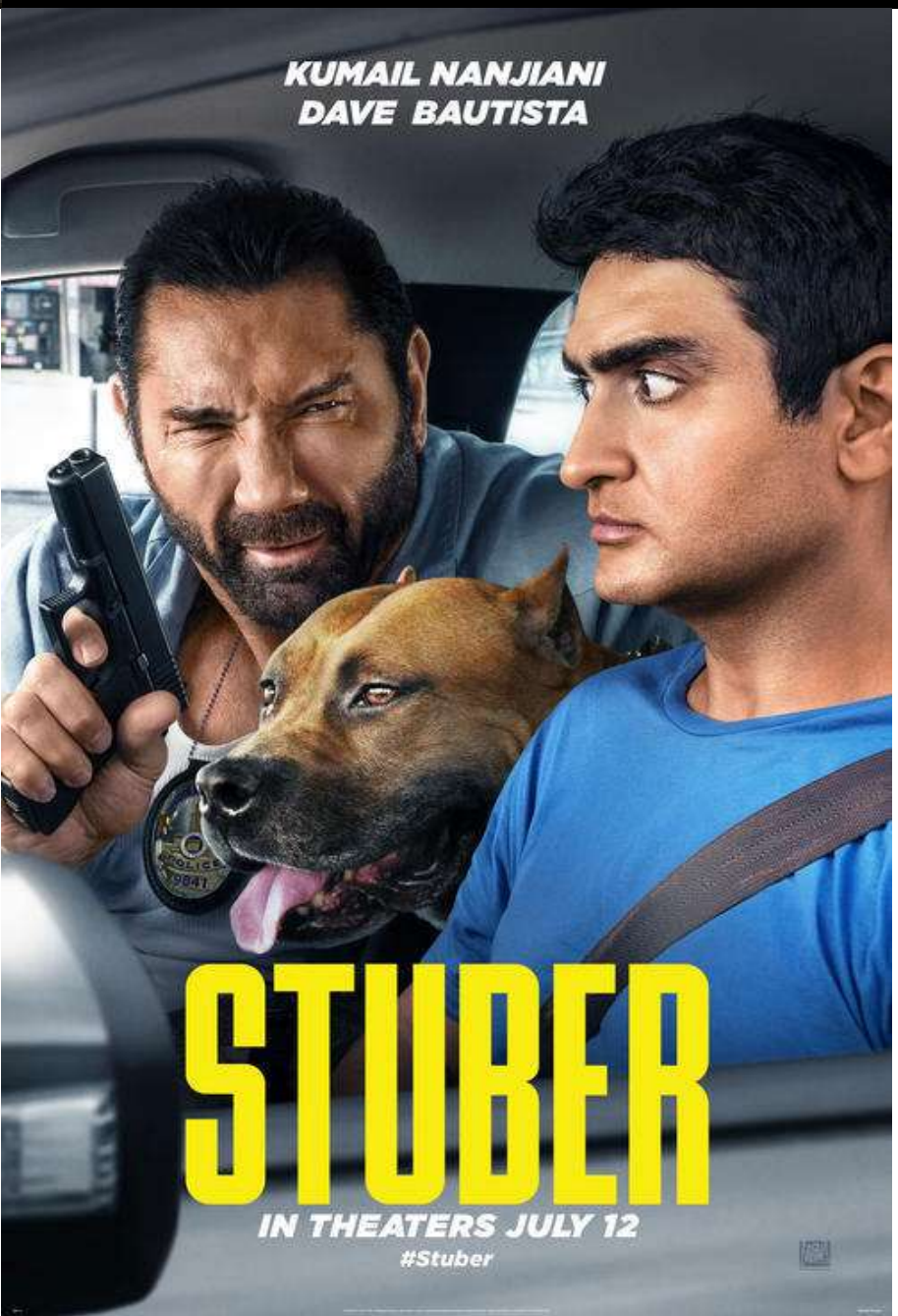
Damador & Life Cinemas

Overview:

When a massive hurricane hits her Florida hometown, Haley (Kaya Scodelario) ignores evacuation orders to search for her missing father (Barry Pepper). Finding him gravely injured in the crawl space of their family home, the two become trapped by quickly encroaching floodwaters. As time runs out to escape the strengthening storm, Haley and her father discover that the rising water level is the least of their fears. From director Alexandre Aja (The Hills Have Eyes) and producers Craig Flores (300), Sam Raimi (Don't Breathe, Evil Dead) and Alexandre Aja, Crawl is a nail-biting horror thriller in theatres July 12, 2019.

DAMODAR CINEMAS

LIFE CINEMA



Overview:

When a mild-mannered Uber driver named Stu (Kumail Nanjiani) picks up a passenger (Dave Bautista) who turns out to be a cop hot on the trail of a brutal killer, he's thrust into a harrowing ordeal where he desperately tries to hold onto his wits, his life and his five-star rating. Directed by Michael Dowse, this action-comedy from 20th Century Fox also stars Iko Uwais, Natalie Morales, Betty Gilpin, Jimmy Tatro, Mira Sorvino and Karen Gillan.

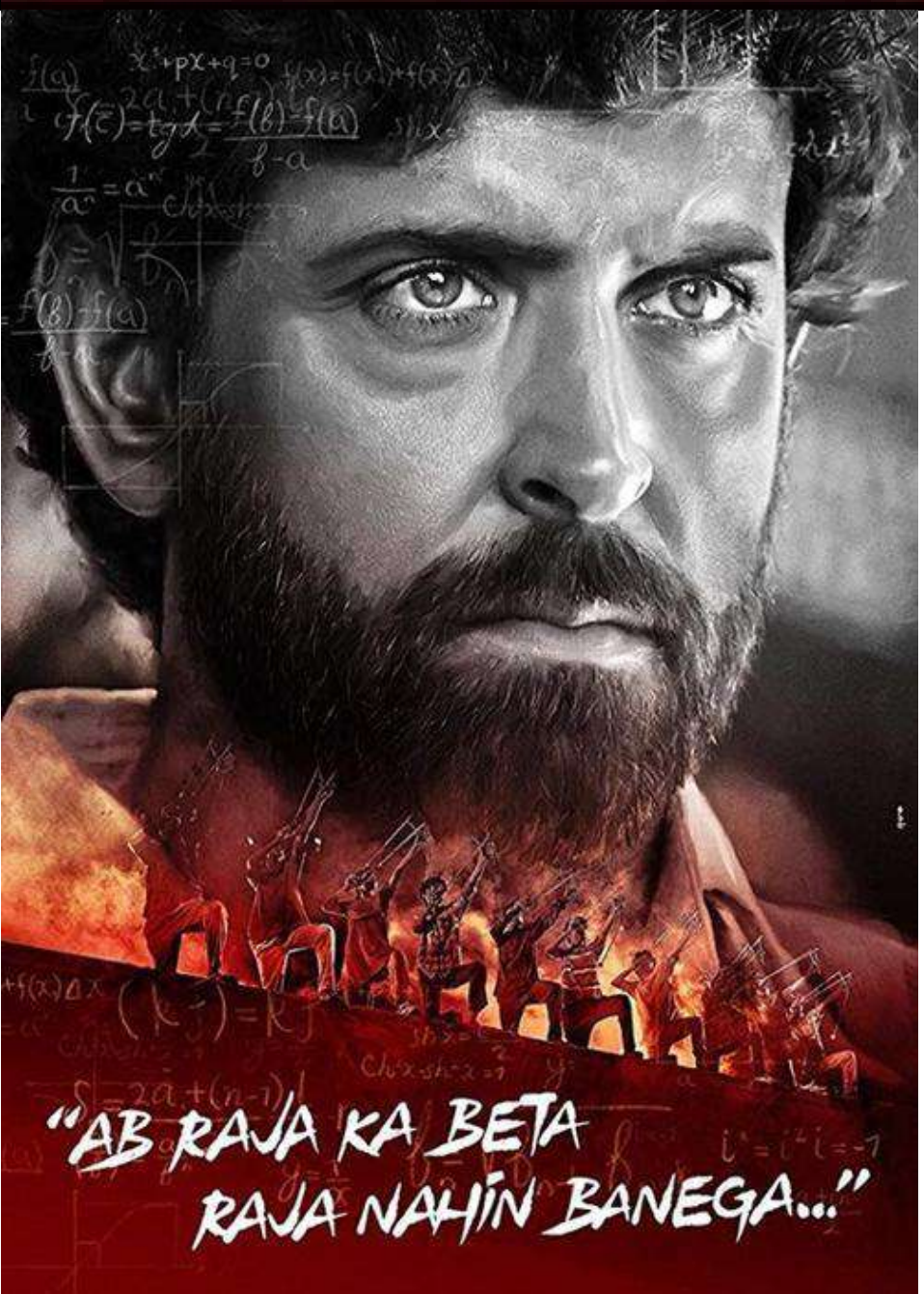
DAMODAR CINEMAS

LIFE CINEMA

Overview:

There is an iron rule in the Ching Hing Gang: No drug dealing. The gang leader, Yu Nam (by Kent Cheng), has two right-hand men: one is Tin (by Andy lau), a bright and sober adherent of principles and loyalty; the other is Jizo (by Louis Koo), a cold-blooded smart man who secretly runs a drug business without Nam's knowledge. Ordered by the top leader, Tin taught Jizo a lesson by cutting off one of his fingers and expelled him from the gang. On the same night, policeman Fung (by Michael Miu)'s wife was killed in Jizo's nightclub during an operation. Meanwhile, Tin swore to change sides after his beloved girlfriend walked out of his life. 15 years later, the local drug market is now quadripartite. Jizo becomes the biggest drug dealer in Hong Kong; while Tin has now established himself as a financial tycoon and a philanthropist, and is offering a $100 million bounty to eliminate the No.1 drug dealer in Hong Kong. It causes a stir in both the society and the underworld. Inevitably, a battle between the two tycoons is underway.

DAMODAR CINEMAS



Overview:

Super 30 is an upcoming Indian biographical drama film co-produced and directed by Vikas Bahl, based on the life of mathematician Anand Kumar and his educational program Super 30. The film stars Hrithik Roshan as Kumar and debutant Mrunal Thakur.

DAMODAR CINEMAS

LIFE CINEMA

FIJIFESTIVALS.COM

YOUR CHANCE TO A COMPLETELY NEW AND SURREAL EXPERIENCE

Get ready to get wild and to get wet as we bring you the BIGGEST FOAM PARTY like no other. Hundreds of Party People will feel the beats of International and Local DJ's spinning the latest trends of Music including Reggae, House, EDM, as well as stepping back in time with old school hits and even a touch of Bollywood. Your feet will be dancing all night long!

UPCOMING
EVENTS
BOOK EARLY TO AVOID DISAPPOINTMENT

FRIDAY

FRIDAY 26TH JULY

~ One Night Stand ~

On the Island

TICKETS: $20

VENUE: O'REILLY'S BAR | **TIME:** 7.00PM TILL KEGS RUN DRY | **THEME:** BEACH PARTY

LIVE PERFORMANCES

& LUCKY DOOR PRIZES

FOR MORE INFORMATION

CONTACT: (679) 974-0006 | 837-4724

EMAIL: VILIAMENAVOKA@GMAIL.COM

SATURDAY

THE FIJI ORCHID PRESENTS

Christmas in July

Featuring Nem & Talei

Join us for an evening of good food,
music and dancing!

SATURDAY 27TH JULY 2019
6:30PM TILL LATE | $100 PER PERSON

RSVP BY THURSDAY 25TH JULY
(679) 228 0097 OR info@fijiorchid.com
BOOKINGS ARE ESSENTIAL!

SATURDAY

Iss Funday!

ECO FRIENDLY

International School, SUVA

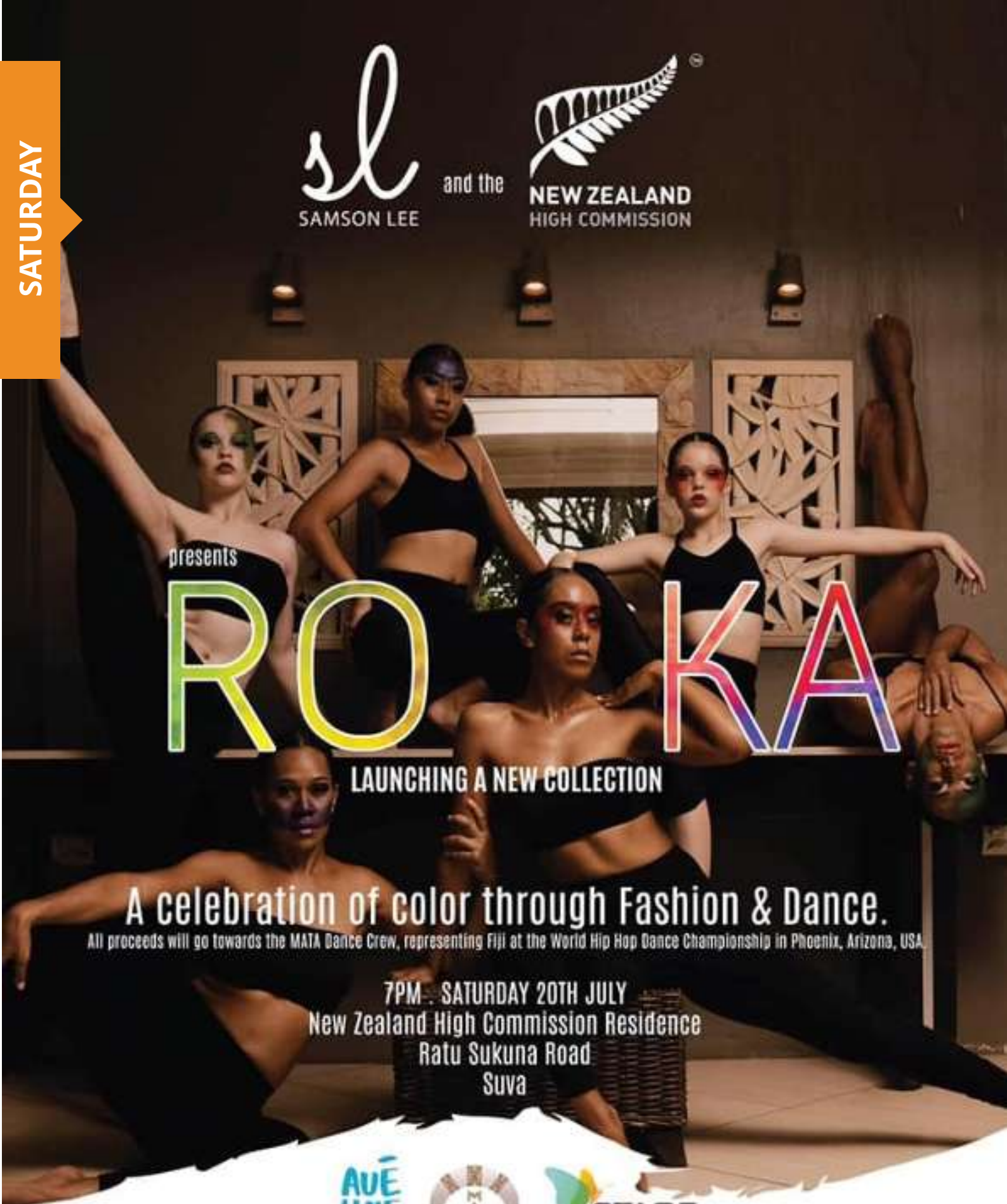
FUN

Join us to a day of fun On FUNDAY

Saturday August 3rd, 10am – 3pm

Eco Friendly Fun Day - Say no to Plastic

SATURDAY



sl
SAMSON LEE

and the

NEW ZEALAND
HIGH COMMISSION

presents

ROKA

LAUNCHING A NEW COLLECTION

A celebration of color through Fashion & Dance.

All proceeds will go towards the MATA Dance Crew, representing Fiji at the World Hip Hop Dance Championship in Phoenix, Arizona, USA.

7PM . SATURDAY 20TH JULY
New Zealand High Commission Residence
Ratu Sukuna Road
Suva

AUÉ LINE

MATA

STAGE TECH

7.00pm - 8.00pm: FREE Drinks & Hors d'oeuvres
8.00pm - 8.45pm: Fashion Show
9.00pm - 11.00pm: LIVE Band

TICKETS
$150
PER PERSON

SATURDAY

WALK ON • WALK STRONG

WOWSkids

CARING FOR CHILDREN WITH CANCER

2019 Charity Ball and Auction.

For the storm wont last too long...

Venue: Grand Pacific Hotel

Date & Time: Saturday 31 August 2019, from 6:00 pm

- 1 Hour Pre-dinner drinks
- Dinner
- Door Prizes
- Entertainment by RAKO

$1600 per table ($200 each)
(8 seated table)

$225 per person

Dress Code: Splash of Colors

For more details contact Email: wowskidsfiji@gmail.com
Phone: 4503489 / 7370147 / 8035657

The Fiji Times · STAR · CCA Coca-Cola Amatil · Treasure · Tanoa Hotel Group · Paradise · Legend · Bluebird · Pacific Nail

DIRECT FROM LOS ANGELES

FRIDAY

SATURDAY

BILL DAWES

KEVIN TATE

FIJI

SOFITEL
HOTELS & RESORTS
FIJI RESORT & SPA

SOLIS BEACHFRONT RESTAURANT

3 COURSE DINNER
INCLUSIVE OF BEVERAGES

SHOW TICKET
$150FJD

FIJI AIRWAYS

SEPTEMBER 27 & 28, 2019

FROM 6PM
RESERVATIONS: ALESI CHAMBERS ON 675 7725
EMAIL - H5706-SB12@SOFITELFIJI.COM.FJ

WWW.COMEDYSTORE-NEWZEALAND.COM

SATURDAY

Bula Events Group

"Our innovation, Your solution"

NADI BULA FESTIVAL TRUST

Nadi Bula Fun Run

Run For Charity

5KM

Run . Fun Run . Walk

DATE: 3rd August 2019

VENUE: CAAF Compound

Registration: 6:30am Race Time: 8:00am

Prizes: Medals; Vouchers; Gift packs..etc.

NOTE: all registration fee collected will be given to Nadi Bula Festival Charity Project 16

Category/Entry Fee:

Masters.....$3.00
Open Men.....$3.00
Open Women.....$3.00
Secondary School..$2.00
Primary School.....$1.00

FOR MORE INFORMATION CONTACT

ALAN KUMAR
Mobile: +679 9209 132 or
Email: bulaeventsgroup@gmail.com

UPCOMING MUSIC GIGS

NEVER MISS A GIG AGAIN

SUNDAY

THE ESTABLISHMENT
SUNDAY SESSIONS
WITH
KNOX
EVERY SUNDAY FROM 5PM
HAPPY HOUR PRICES & FREE BAR SNACKS!
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SATURDAY

Kulture Beer & Music Festival

8am - 11pm

presents

George Fiji Veikoso

LIVE IN CONCERT

VENUE: BOTANICAL GARDEN, LAUTOKA

DATE: SAT, 27TH JULY, 2019

KULTURE MUSIC FEST

KULTURE ENTERTAINMENT

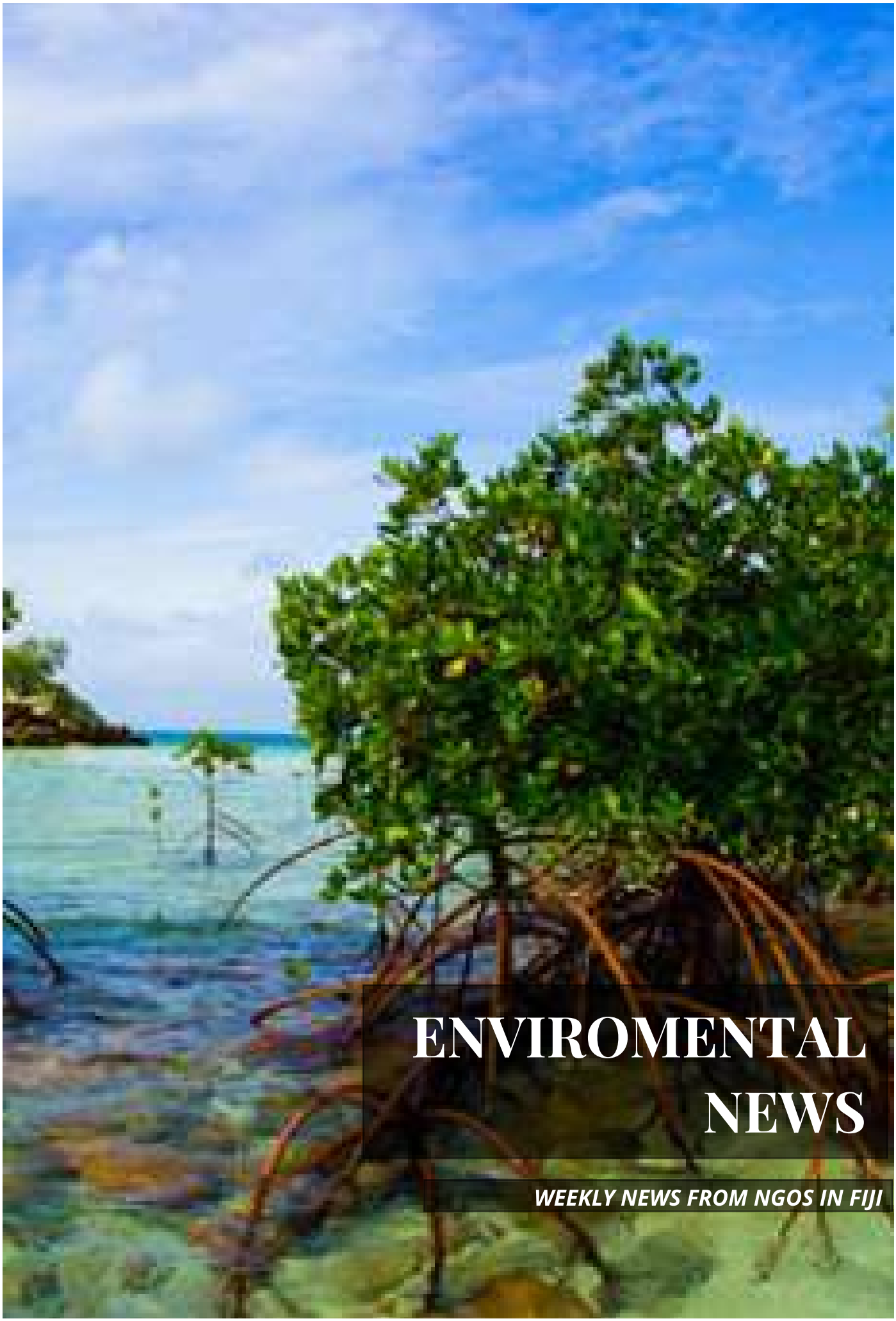
WASIDOWN BAR

RUPS BIG BEAR

Think green and eco-friendly with Rups Big Bear!

Made from 100% sustainable sugarcane pulp. They are waterproof, oil-resistant, microwaveable, refrigerator-safe and compostable!

Available in 20 pieces per pack now, get in quick while stocks last



ENVIROMENTAL NEWS

WEEKLY NEWS FROM NGOS IN FIJI

PLASTIC FREE JULY

Plastic Free July is a global movement that
plastic pollution – so we can have cleaner
be part of Plastic Free July by choosing to

t helps millions of people be part of the solution to
streets, oceans, and beautiful communities. Will you
refuse single-use plastics?

Oceanlovers FOR KIDS

PART ONE

la, my name is Ratu the turtle!

n a small underwater village called Viti Sea. My favourite thing to do is to play with my friends d spend time with my family.

metimes my grandmother tells us stories about our big wide world, the land and the sea and how are all connected. Our whole family gathers together listening to her stories, sometimes late into night.

t week she told us about the ocean and why it is so precious. She is very wise. There are so many gs we learn from her. I'd like to share some of her wisdom with you:

There is a lot more ocean on planet earth than land, almost three times as much! Did you know the biggest ocean is the Pacific Ocean?

The ocean is very important for sea creatures and also for everyone who lives on land. It helps to produce oxygen to breathe and keeps our planet at a comfortable temperature.

It also provides a lot of food for sea creatures, humans and animals on land!

Pretty amazing, huh?

Let's colour in! Can you help me make all the oceans blue and all the land green?

FOR SCHOOL KIDS

OCEAN RIDDLE

What are the names of the different oceans?

P _ c _ _ ic Ocean

A _ la _ t _ c Ocean

Ar _ t _ _ Ocean

I _ _ i _ n Ocean

_ ou _ h _ rn Ocean

Which ocean surrounds Fiji _____

Which ocean is the biggest ocean? _____

Answers: Pacific Ocean, Atlantic, Arctic Ocean, Indian Ocean, Southern Ocean, South Pacific Ocean, Pacific Ocean

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Oceanlovers

PART TWO

Oceanlovers FOR KIDS

I live below my friend Ratu the turtle deeper down in the ocean. I have many arms and like to tie them into a knot just for fun! My best friend is called Peni the shark. Peni and I like to play underwater after school together with our friends - Bella the dolphin, Meli the Mahi Mahi, Ratu the turtle, Seri the starfish and anyone else who wants to join us. We live in different areas of the ocean but all go to the same underwater school.

Yesterday our teacher Mrs. Whale told us about our ocean homes. We learned so many interesting lessons about our beloved ocean. Here are some things we've learned:

The ocean is divided into different zones. It's a little bit like a family in a big house. Some live downstairs, some live in the middle and some live upstairs.

Sea creatures live in different zones of the ocean depending on how much sun they need. Sea animals and plants who need a lot of sun like to stay close to the surface. Creatures that don't need any sun live all the way at the bottom where it's a lot darker.

The ocean is divided into three zones:

Sunlit Zone

This is the zone you are in when you are swimming! It's at the very top of the ocean and gets a lot of sunlight. Most sea animals live here and also many plants because they use the sunlight to grow. Ratu the turtle, Bella the dolphin, Meli the Mahi Mahi and Peni the shark all live here. It's also a very colourful zone with lots of beautiful coral.

Twilight Zone

This is where the deep sea starts and that's where I live. The water is a lot cooler here because there is almost no sunlight. There are no plants in this zone because there is not enough sunlight for them to grow. Some of the animals living in our zone are very special because they can make their own light - this is called bioluminescence. Have you ever seen a firefly? They can make their own light too! Sometimes we have visitors in submarines who come to explore our part of the ocean. In this part of the ocean you can also find sperm whales and hatchet fish.

Midnight Zone

It's very dark here just like night time on land. It's also very cold. My friend Seri the starfish lives all the way down here!

There is not much food in this part of the ocean and the deep sea creatures that live here will eat almost anything! You can also find anglerfish and eels. Seri told me one time she also saw a giant squid. Its eyes were as big as basketballs!

Oceanlovers
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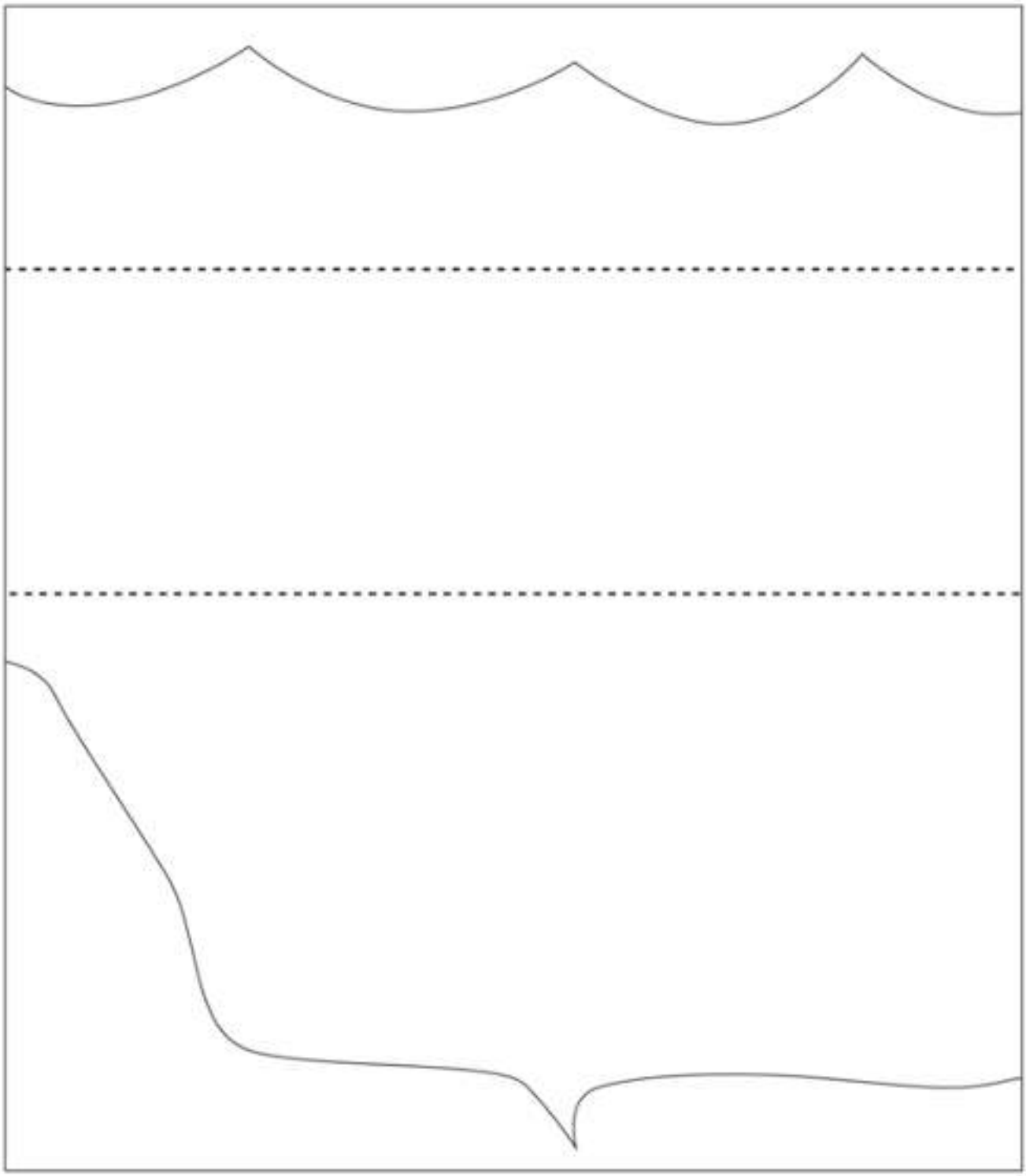
PART TWO

Let's colour in!

Can you help me make the ocean zones blue? At the top the water is light blue, in the middle a little darker and at the bottom we have a very dark blue!



Answers: Sunlit Zone: Turtle, Dolphin, Shark, Mahi Mahi, Seal, Coral
Twilight Zone: Sperm Whale, Octopus, Hatchet Fish
Midnight Zone: Algae, Starfish, Anglerfish, Tel. Giant squid

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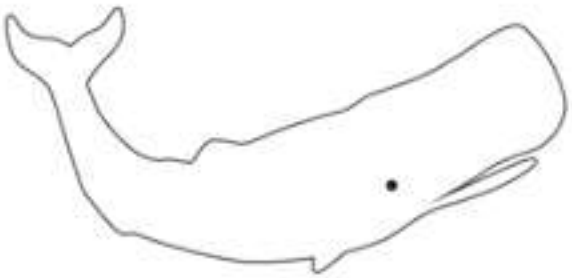
PART TWO

Which sea creature belongs in which ocean zone?
Cut out the sea creatures and glue them into their ocean zone.



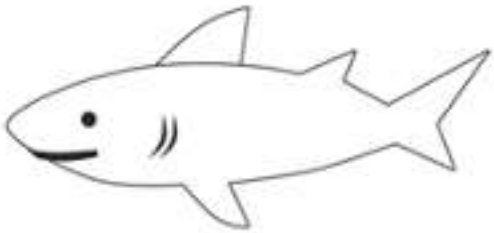
Sperm Whale

Seal

Turtle

Anglerfish

Eel



Shark

Algae

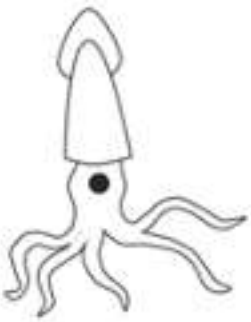
Mahi Mahi

Hatchetfish

Coral

Starfish

Dolphin



Giant Squid

Octopus

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PART THREE

Oceanlovers FOR KIDS

Bula, I'm Peni the shark. My favourite thing to do is to swim as fast and as far as I can! I love exploring ir beautiful oceans. My friends think I am very brave to swim so far.

I have two brothers and one sister and our whole family lives in the underwater town of Viti Livi.

Once a month we swim from our home to a place far far away.

We usually meet many different colourful fish on our long journey and they become our friends but on our last trip I noticed that there were less fish friends to greet us and that made me a bit sad.

What can you do?

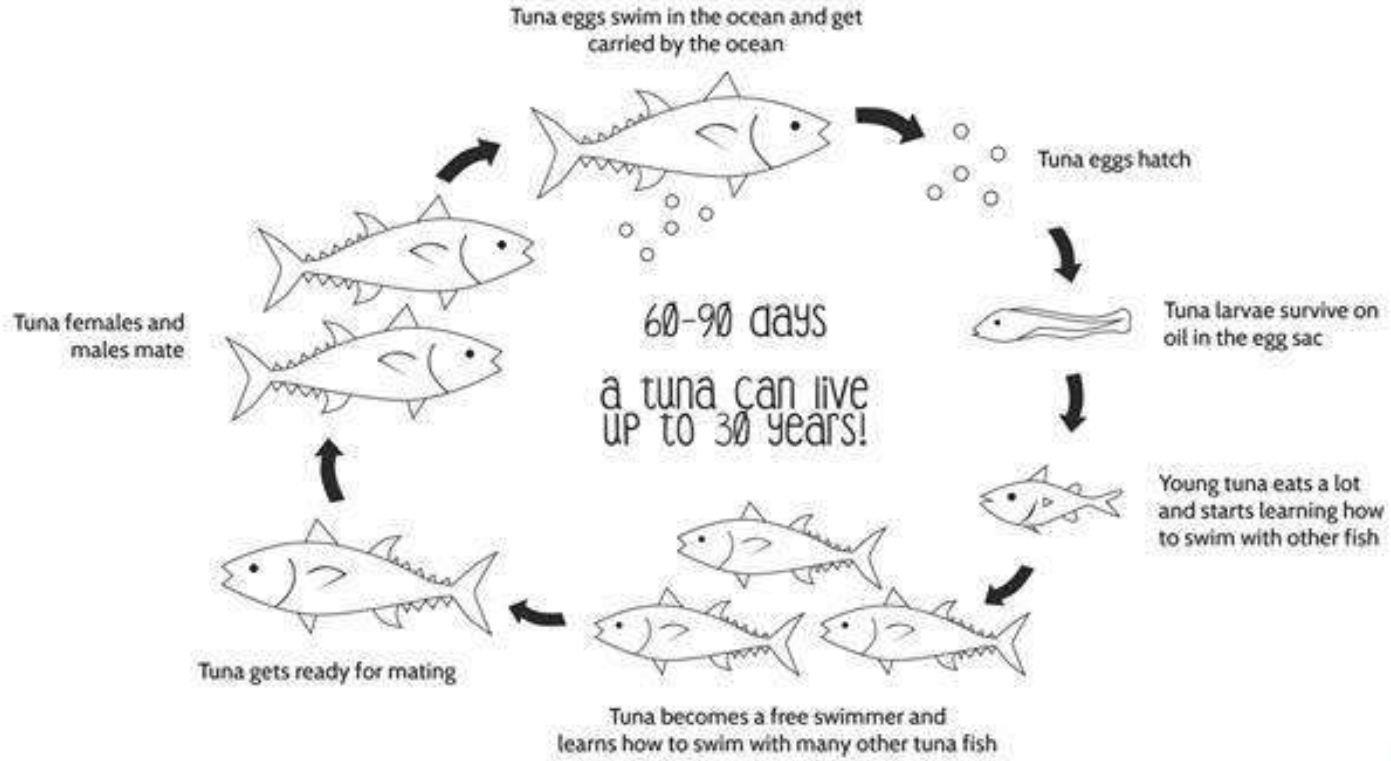
Talk to your friends and family
Many people do not know about the challenges overfishing brings. The first step is to know about the problem and then take action to help protect the ocean.

Eat less fish
If we all eat less fish the demand for fish will go down and the fisheries will fish less which means more time for fish to re grow their families!

There are less and less fish in the ocean because of overfishing. We all love to eat fish but at the moment too many fish are being taken from the ocean. Fish families don't have enough time to reproduce and so some species are now very endangered. If we keep fishing for more they will die out like the Bluefin Tuna which is a very popular fish to eat.

Many fishing boats also have huge nets that go all the way to the bottom of the ocean and many sea animals get caught in them - even some we cannot eat like starfish or turtle. This is very sad because many of these sea animals die without a reason. When someone uses big nets they also catch too many fish! This is called unsustainable fishing - it means fishing without thinking about what will happen to the ocean and its animals.

How long does it take for a Bluefin Tuna to grow into an adult fish?



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PART FOUR

Oceanlovers FOR KIDS

Bula kids, my name is Seru the starfish.

Yesterday my friend Ratu the turtle and I were playing after school and had a lot of fun until something unexpected happened. Ratu accidentally swallowed a plastic straw. His belly was hurting the entire day, he didn't feel well and found it hard to breathe. Thankfully Dr. Crab was able to help Ratu and he is feeling much better now. Dr. Crab explained that the things that don't belong in the ocean can make us very ill so we need to be really careful.

How does trash get into the ocean?

Trash gets into the ocean when people litter. Unfortunately, many people who visit the beach do not take their trash with them when they leave. When the water level rises with the tide, trash washes into the ocean. Some of the trash also comes from people on boats who throw their rubbish carelessly into the water.

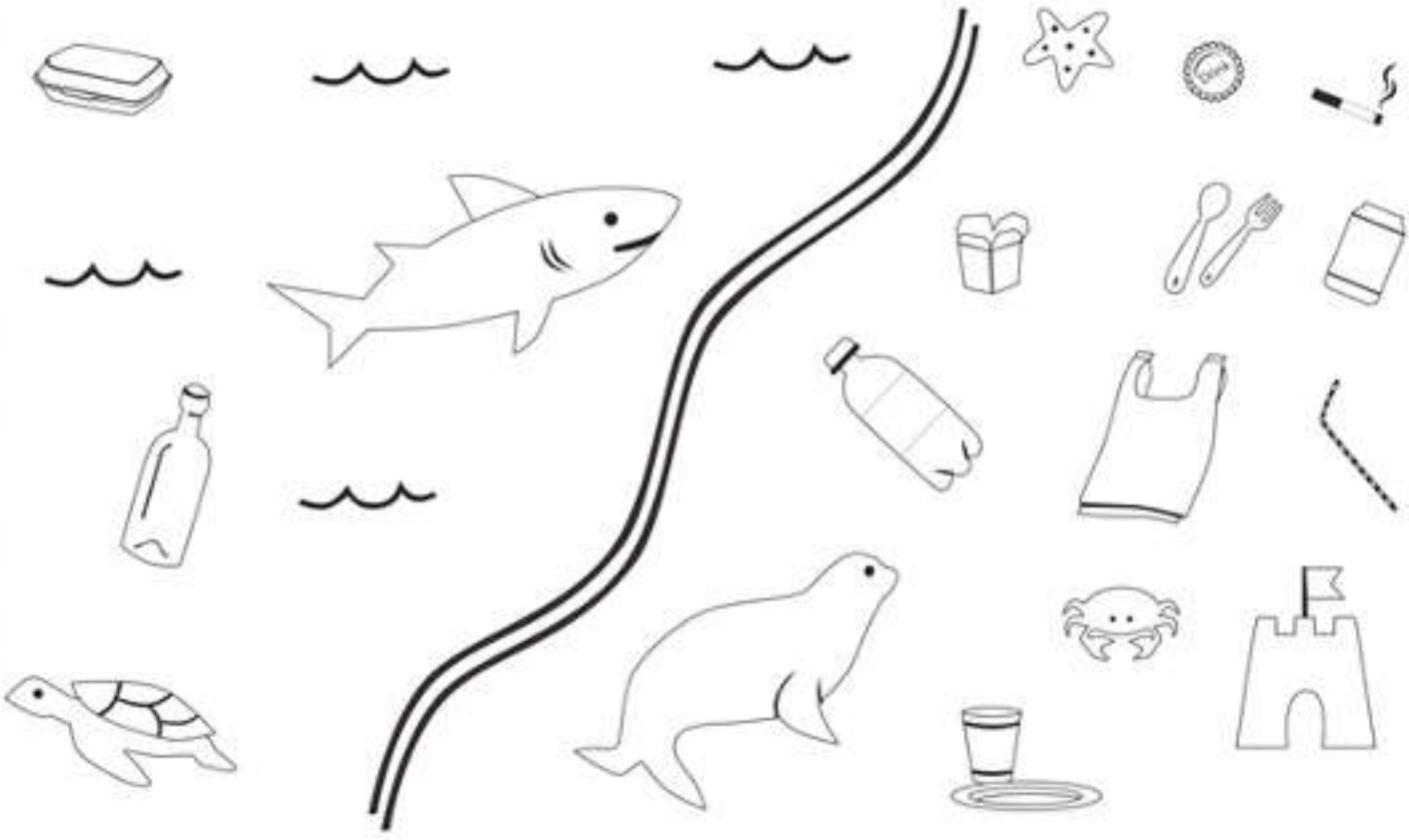
A lot of the trash in the ocean also comes from rivers. If trash gets thrown into a river it flows all the way into the ocean harming many sea animals.

How does trash affect the ocean?

Today there is a lot of plastic and other rubbish in the ocean and many sea creatures eat it thinking it's food... This can harm them greatly. Especially straws, plastic bags and balloons are very dangerous for sea animals.

How can I help?

Everyone can help to make sure rubbish doesn't end up in the ocean! Next time you visit a beach or when you're at the river pick up one piece of rubbish and put it in trash.



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PART FIVE

Oceanlovers FOR KIDS

Yesterday I was swimming along my favourite seaweed forest and out of nowhere, first I saw a jacket, then a toothbrush and a plastic bag floating in the water amongst the seaweed.. I was so surprised!. I was wondering where all of these things were coming from. Maybe these items accidentally slipped into the river on the island and ended up in my beloved seaweed forest?

What happens to the trash we throw into rivers?

Trash that gets thrown into the river looks like it will disappear with the flowing water. But the water carries the trash all the way into the ocean. Most of the trash in the ocean actually comes from rivers.
Unfortunately, many people don't know how harmful this can be to the ocean creatures who sometimes accidentally eat the small pieces of trash thinking that it is food.

The pollution is getting worse and worse and now there is so much trash and plastic in the water that it looks like a big carpet made out of plastic!

What can I do to help?

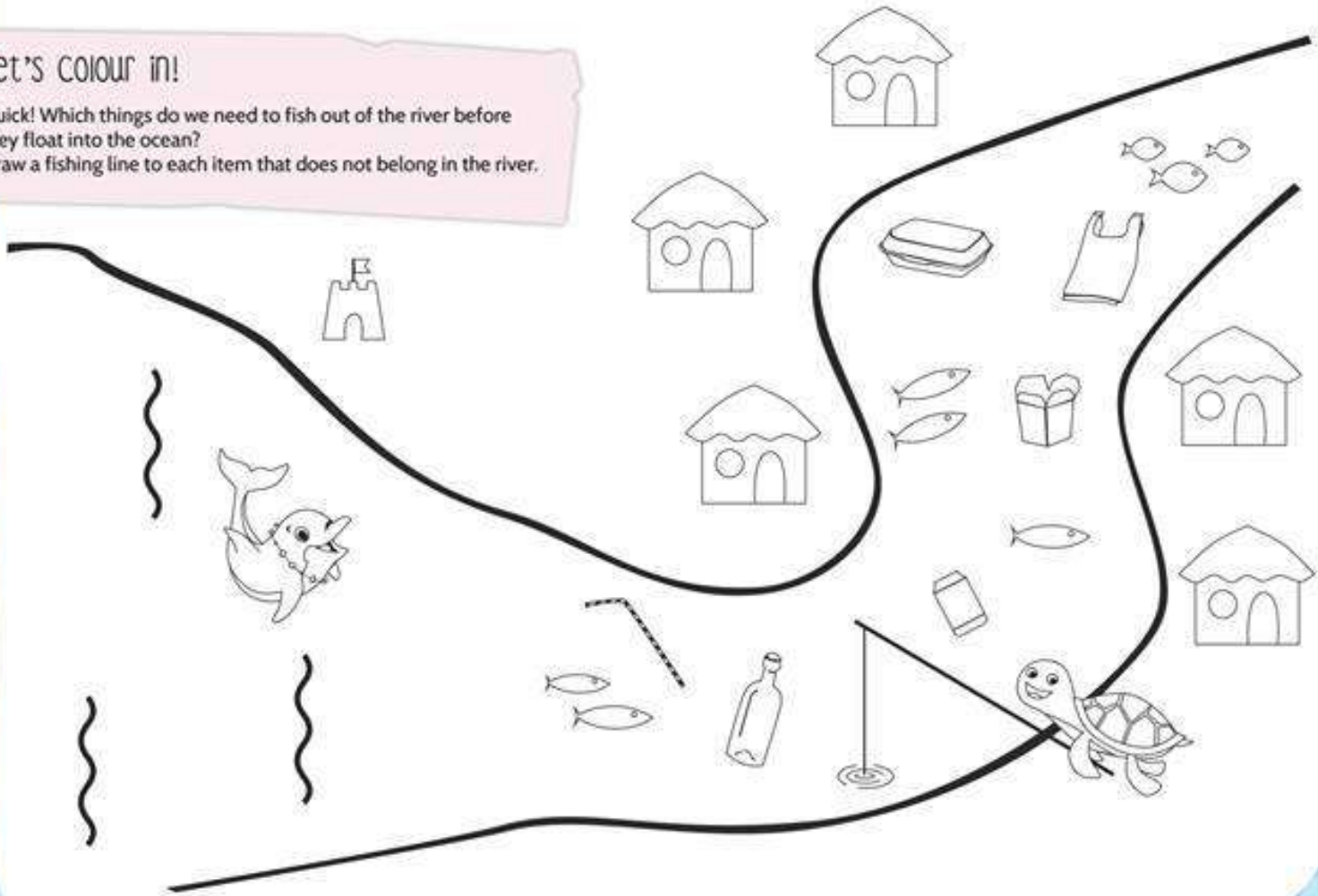
One of the biggest things to help all the animals in the ocean is to not throw any trash into the rivers. Trash should always be thrown into a trash bin or recycled wherever possible.

You could also talk to people who are throwing trash into the water and explain to them what happens with it.

Encourage your family and friends to always dispose of trash into a trash bin.

Let's colour in!

Quick! Which things do we need to fish out of the river before they float into the ocean?
Draw a fishing line to each item that does not belong in the river.



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PART SIX

Oceanlovers FOR KIDS

Bula, my name is Bella the dolphin. I like surfing up and down the waves. It brings me so much joy. I also enjoy making beautiful gifts like pictures or decorated bottles for my family and friends with all the strange things I can find in the ocean. There is a lot of rubbish swimming around my home and I often get creative with it. Last week I made a necklace out of plastic bottle lids for my mother and she loved it. It was so much fun!

Whenever we take trash and make something new out of it, it's called recycling. We should recycle a lot more. A lot of the trash we have gets burned or thrown into the ocean which is very bad for us and our planet. We could help our planet a lot if we produced less trash and recycled more.

Some places in Fiji already have special trash bins so people can separate their rubbish. Things that can be recycled, such as plastic, paper and glass are collected in special bins and then taken to a recycling place. Out of these materials new things are made which is great so we don't need to keep making new plastic, glass and paper which use a lot of energy.

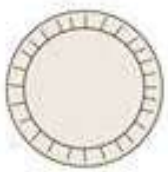
These bins aren't available everywhere yet but we hope that we will have a lot more in the future.

DID YOU KNOW?

You can also recycle at home. Here are a few crafts you can make out of trash you might have at home just like Bella! They make great gifts!

Paper Plate & Plastic Bag Jellyfish

1



Paper Plate

+

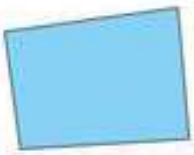
Plastic Bag

Bottle Cap Fish

1

Bottle Cap

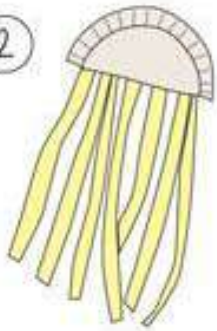
+



Craft Paper

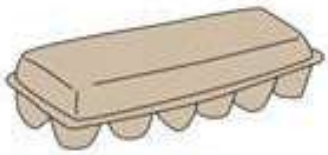
2

2



Egg Carton & Cotton Ball Turtle

1

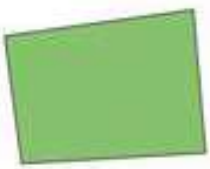


Egg Carton

+

Cotton

+



Craft Paper

2

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